

# PhD Opportunity

Pain management for people living with dementia in Extra Care Housing

## Supervisory team

### Director of Studies

Dr Julie Barrett, Association for Dementia Studies, School of Allied Health and Community, University of Worcester

### Supervisors

, Association for Dementia Studies, School of Allied Health and Community, University of Worcester

Research Group: [Association for Dementia Studies](#)

## The PhD Opportunity

There is plenty of research and a large body of evidence that shows that, for older people living with dementia, pain assessment and management is suboptimal as compared to other older people with similar health conditions in hospitals, residential care, nursing care and in their own homes, but there is no evidence relating to people living with dementia in Extra Care Housing (ECH).

If pain management is addressed in the right way in ECH then these residents are less likely to engage in activities and social interaction. Furthermore, the fact that ECH provides independent living may make pain assessment and management for residents living with dementia who require support with pain management more challenging and complicated.

This PhD project will build on a pilot survey, conducted in 2022, of Extra Care Housing schemes and care homes that found that pain support for people living with dementia in both settings is suboptimal, with a significant number of those dependent upon staff for pain management continuing to show or express pain.

High numbers of Extra Care Housing staff lacked in skills and confidence to support people living with dementia experiencing pain and there was little use of guidance or pain assessment tools.

Suboptimal pain support for those living with dementia is not acceptable and all staff who are responsible for supporting the needs of a person with dementia need to be skilled within this area.

### PhD project aims and objectives

The main aim of this project is to compare pain assessment and management for residents living with dementia, who require support with pain management, with other residents (not living with dementia) in ECH. The objectives are to determine whether residents living with dementia in ECH settings are receiving suboptimal pain management compared to other residents with similar health conditions and compared to those living in care homes, the causes and impacts of this, staff needs and the challenges, successes and good practices.

### Indicative research method

The successful PhD candidate will be responsible for formulating the detail of this project. However, it is anticipated that the study will adopt a qualitative approach involving selecting a small sample of extra care housing schemes and care homes as case studies sites, using interviews to understand pain assessment and management for residents living with dementia in more depth than was possible with the survey.

### Application process

To begin the application process please go to:

<https://www.worc.ac.uk/courses/dementia-studies-mphilphd>

On a full time basis so please select the relevant application link. On the application form, please make it

The University hence focuses its research around five high-level challenges facing society, locally, nationally and globally:

- [Human Health and Wellbeing](#)
- [Sustainable Futures](#)
- [Digital Innovation](#)
- [Culture, Identity and Social Exclusion](#)
- [Professional Education](#)

The success of our research is reflected in our continuous improvement in external research assessment processes. In the most recent Research Excellence Framework, REF 2021, the University saw a near 50% increase in the scale of its research and

most improved university in terms of Research Power, a combination of scale and quality.

### Research Degrees at Worcester

Our research students are central to our overall mission for research. They are working at the cutting edge of their disciplines and driving forward the quality of our research whilst enriching our research culture. We are looking to increase our research student numbers as a strategic imperative.

Our commitment to our students is reflected in the results of the Postgraduate Research Experience Survey 2023 in which we ranked 3<sup>rd</sup> for overall research student satisfaction nationally. Key to our success in this area is the Research School, a focal point for all our research students.

It provides:

- day-to-day support for our students, both administrative and practical, through our dedicated team
- a Research Student Study Space with both PCs and laptop docking station
- a comprehensive Researcher Development Programme for students and their supervisors
- a programme of student-led conferences and seminars

### Association for Dementia Studies

The Association for Dementia Studies (ADS) was established in 2009. Our multi-professional team are experts in the field of person-centred dementia care and support.

Through research, education, consultancy and scholarship, we make a cutting-edge contribution to building evidence-based practical ways of working with people living with dementia and their families that enables them to live well. We have an outstanding track record over a wide portfolio of dementia-related research. We draw on the international evidence-base to deliver education programmes, resources and publications that empower staff to provide skilled, competent and compassionate care. People with dementia, their families and their carers inform our work at all stages.

**For further information** or an informal discussion on this project, please contact Dr Julie Barrett (Director of Studies) via email at [j.barrett@worc.ac.uk](mailto:j.barrett@worc.ac.uk)